

# Nancy's Crab Cakes

Nancy Thurmond  
*Gourmet Eating in South Carolina - (1985)*

1 pound crabmeat  
2 eggs  
2 tablespoons mayonnaise  
1 tablespoon horseradish mustard  
1/4 teaspoon salt  
1/8 teaspoon pepper  
dash Tabasco sauce  
parsley flakes  
saltine crackers

Copyright: Hope Center for the Retarded, Inc. - Charleston, SC

In a bowl, combine the crabmeat, eggs, mayonnaise, mustard, salt, pepper, tabasco and parsley. Mix lightly together. Form into the desired-size cakes. Do not pack firmly, allow the mixture to be light and spongy.

Roll out a package of crackers into fine crumbs. Pat crumbs lightly on the crab cakes.

Fry in deep oil just until golden brown. Remove from the oil. Drain on absorbent paper.

serve hot.

Per Serving (excluding unknown items): 754 Calories; 39g Fat (47.2% calories from fat); 96g Protein; 2g Carbohydrate; 1g Dietary Fiber; 788mg Cholesterol; 2385mg Sodium. Exchanges: 0 Grain(Starch); 12 1/2 Lean Meat; 3 Fat; 0 Other Carbohydrates.

Seafood

## Per Serving Nutritional Analysis

Calories (kcal):	754	Vitamin B6 (mg):	1.0mg
% Calories from Fat:	47.2%	Vitamin B12 (mcg):	42.2mcg
% Calories from Carbohydrates:	1.2%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	51.5%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	39g	Folacin (mcg):	251mcg
Saturated Fat (g):	7g	Niacin (mg):	12mg
Monounsaturated Fat (g):	11g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	15g	Alcohol (kcal):	0
Cholesterol (mg):	788mg	% Refuse:	0.0%
Carbohydrate (g):	2g		
Dietary Fiber (g):	1g		

## Food Exchanges

Grain (Starch):	0
	1

**Protein (g):** 96g  
**Sodium (mg):** 2385mg  
**Potassium (mg):** 1664mg  
**Calcium (mg):** 481mg  
**Iron (mg):** 6mg  
**Zinc (mg):** 17mg  
**Vitamin C (mg):** 14mg  
**Vitamin A (i.u.):** 588IU  
**Vitamin A (r.e.):** 164 1/2RE

**Lean Meat:** 12 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 3  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 754 Calories from Fat: 356

### % Daily Values\*

<b>Total Fat</b>	39g	60%
Saturated Fat	7g	37%
<b>Cholesterol</b>	788mg	263%
<b>Sodium</b>	2385mg	99%
<b>Total Carbohydrates</b>	2g	1%
Dietary Fiber	1g	2%
<b>Protein</b>	96g	

<b>Vitamin A</b>	12%
<b>Vitamin C</b>	23%
<b>Calcium</b>	48%
<b>Iron</b>	32%

\* Percent Daily Values are based on a 2000 calorie diet.